

Packing for the Hospital



The following check-list includes suggested items for you to pack for your hospital stay. It is a good idea to pack your suitcase early (36 weeks).

- Bathrobe, clothes** to go home in and a **nursing bra** if desired
- Slippers** or **flip-flops** that can be easily washed
- Shampoo, deodorant, toothbrush, toothpaste, hair brush**
- Baby items (clothes, blanket)** for going home
- Camera** - Per hospital policy videotaping and devices that shoot motion video are not allowed during the delivery.
- Infant car seat** - It is important to get an infant car seat properly installed in your vehicle before your baby's arrival; we recommend you call one of the following agencies to make an appointment to have your car seat installation checked thoroughly before you come to the hospital:
 - California Highway Patrol office at: 805/662-2640
 - Ventura County Fire Department at: 805/389-9748
 - Oxnard Firefighter's Association at: 805/246-1261

